



## Canadian Agricultural Safety Week

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Public Service Announcement

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FOR IMMEDIATE RELEASE

### Resilience on the Farm

Did you know that farm business management isn't just good for business, it's also good for mental health?

It's no secret that farming is a stressful occupation. That's why planning ahead is so important. Implementing farm business management practices can go a long way to helping farms weather a storm and remain resilient through challenging times.

Following a farm business plan contributes to peace of mind for farmers, farm workers, and families. And healthy minds go hand in hand with healthy farms.

This Canadian Agricultural Safety Week, we celebrate Safe and Strong Farms. For more information on Leading an AgSafe Canada, visit [agsafetyweek.ca](http://agsafetyweek.ca).



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